

Meet Welvie.
And get a
\$25 gift card.



Whether you're thinking about surgery for yourself or a loved one, or just curious about the process, Welvie can help.

Surgery is an effective way to treat many conditions. But it may not be the right choice for every person in every situation. And you may not even realize you have a choice. Yet, from treatments to doctors to hospitals, there are many options to consider.

Welvie My SurgerySM is your easy-to-use, online guide.

Your TSHBP plan provides access to the Welvie My Surgery program at no added cost. Welvie helps you work with your doctor to decide on, prepare for and recover from surgery.

In six interactive steps, the program guides you through the entire surgery decision-making process. When you log in, you'll be able to review information, videos, Q&As and more.

You'll learn how to work with your doctor to:

- Make sure you have the correct diagnosis
- Explore your treatment options – surgical and non-surgical
- Prepare for and recover from surgery (if you decide surgery is the right choice for you)

A program everyone can use.

You don't need to be thinking about surgery to benefit from Welvie. After all, many surgeries are unplanned. Preparing ahead of time can help you have better results when the time comes.

Get started with Welvie today.

Go to www.welvie.com and select the *Register* button. Need help? You can call Welvie customer service at (866) 699-6483 (TTY: 711), Monday through Friday, 8 a.m. to 7 p.m. ET.



Get a \$25 Amazon.com gift card.

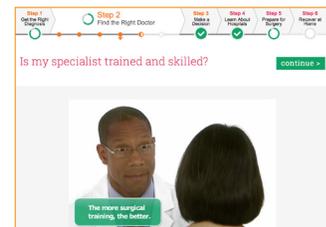
Just complete Steps 1 through 3 of the program and a short survey. The gift card is available to you and any covered family members once every 365 days. Visit [welvie.com](http://www.welvie.com) and select *Register* to get started.

Six Steps to Better Decisions

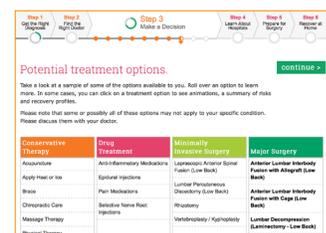
Step 1 **Starting your surgery decision off on the right foot.** Welvie's interactive exercises help you explain your symptoms so you can make the most of your doctor's visit and get the right diagnosis.



Step 2 **How to talk to your doctor. (And listen, too.)** Welvie shows you how to ask all the essential questions before you have to make an all-important choice about who will provide your medical care.

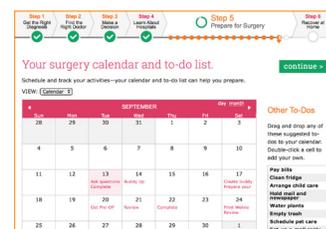


Step 3 **Is surgery the only answer?** Welvie can help you discover if alternative treatments might be available. You'll learn how to work with your doctor to discover the best solution for you.



Step 4 **Have you scheduled a surgery? Be sure to call your Care Coordinator.** Your TSHBP plan requires the engagement of a Care Coordinator for ANY scheduled surgical procedures. Call your Care Coordinator at 888-803-0081 at least 5 days prior to your scheduled surgery

Step 5 **OK. Now let's get this surgery over with.** When the decision to have surgery has been made, Welvie helps you build your pre-op to-do list. Knowing you've planned, you can relax a bit.



Step 6 **Time to go home. And get well.** Let the healing happen. Welvie gives you tips to help reduce the chance of complications and speed your recovery, even before you leave the hospital.

